



Color and Gesture: The Inner Life of Color

By Reg Down

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This is the second, revised and updated edition of *Color and Gesture*. *Color and Gesture* explores the inner life of color in a way that only eurythmy and the initiation science of Rudolf Steiner make possible. What appears is a world of incredible richness, depth and beauty in the most common, unlikely and unexpected of places--gesture. Gesture reveals the human soul, and the fabric of the soul is color; as a result, we find that the souls' infinite expressiveness, with all its goodness, pathos, waywardness and humor, is intimately woven through with color experiences. When we approach gesture via color, we discover whole gesture families, with, at times, the most unforeseen of bedfellows. We gain new insights into soul gestures, acting gestures, animal, planetary and zodiac gestures. The underlying eurythmic gestures of speech and music are also explored, and we learn to experience how the color chords underlying gesture are themselves a structured, musically-ordered language. And when we approach color via gesture, we find inner laws, relationships and dynamics which allow us to gain, via artistic activity, not only a deeper understanding of color as a whole, but also a conscious foothold in the astral and etheric worlds.

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Color and Gesture: The Inner Life of Color By Reg Down Bibliography

- Sales Rank: #2214772 in Books
- Published on: 2012-01-14
- Original language: English
- Dimensions: 11.00" h x 1.24" w x 8.50" l,
- Binding: Paperback
- 550 pages

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Editorial Review

Review

--highest praise and appreciation go to Reg Down for these quiet, sensitive, lucid and lyrical pages. Although implicitly a work about the inner life of color ... this work also offers a new kind of curriculum in presence-of-being. Reg Down is a master of witnessing." Therese Schroeder-Sheker, Academic Dean, School of Music-Thanatology.

"Reg Down's *Color and Gesture* is a monumental work that explores in depth and with beauty the inner life of color as expressed through eurythmy and Rudolf Steiner's spiritual vision - this is an amazing book!"

Nancy Parsons, Waldorf Books

About the Author

Reg Down is an artist, teacher, and author. He has taught at Rudolf Steiner College in Fair Oaks, California, and in Waldorf schools in Australia, Canada and the USA. His books include *Leaving Room for the Angels: Eurythmy and the Art of Teaching*, AWSNA Publications, *The Fetching of Spring*, a novel, and nineteen children's books. He lives in Auburn, California.

Users Review

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Brenda Taylor:

This Color and Gesture: The Inner Life of Color are usually reliable for you who want to be described as a successful person, why. The explanation of this Color and Gesture: The Inner Life of Color can be among the great books you must have is definitely giving you more than just simple examining food but feed you with information that might be will shock your before knowledge. This book is handy, you can bring it everywhere and whenever your conditions in the e-book and printed versions. Beside that this Color and Gesture: The Inner Life of Color forcing you to have an enormous of experience for instance rich vocabulary, giving you demo of critical thinking that we realize it useful in your day activity. So , let's have it and enjoy reading.

Reginald Hunter:

Spent a free the perfect time to be fun activity to do! A lot of people spent their leisure time with their family, or their own friends. Usually they doing activity like watching television, planning to beach, or picnic in the park. They actually doing same every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could be reading a book might be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to consider look for book, may be the book untitled Color and Gesture: The Inner Life of Color can be great book to read. May be it may be best activity to you.

Patricia French:

Playing with family in a park, coming to see the water world or hanging out with good friends is thing that usually you could have done when you have spare time, and then why you don't try matter that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Color and Gesture: The Inner Life of Color, you can enjoy both. It is very good combination right, you still desire to miss it? What kind of hang-out type is it? Oh can occur its mind hangout guys. What? Still don't buy it, oh come on its referred to as reading friends.

Joshua Little:

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